



BRONZE2 SKILLS PROGRESSION & ASSESSMENT



Name: _____

Date: _____

Bronze Program Goals and Focus

- provide activities to improve overall motor skills, physical movements, flexibility, speed and agility of participants
- provide technical, or skill, and tactical activities with racquet and shuttle
- provide a fun environment in which to learn these activities and skills

Skill	Description	Assessment
Shuttle Bounce FH/BH	Can bounce a shuttle on racquet FH & BH each 10x in a row without it dropping on the ground	
Grips	Can demonstrate what a Forehand (FH) and Backhand (BH) grip looks like	
Footwork	Can demonstrate correct footwork (lunge, split step and chasse) to 4 corners at a moderate speed without hesitation; given 10 opportunities; 4 out of the 10 to each corner required	
Short Serve	Can execute a short serve to land inside the service court with a height no higher than 50cm above the net; 4 out of 10 required	
Backhand Net Shot	Can execute a BH Net Shot to land inside the short service line with confidence and no hesitation; movement is from base/centre of court; 4 out of 10 required	
Forehand Net Shot	Can execute a FH Net Shot to land inside the short service line with confidence and no hesitation; movement is from base/centre of court; 4 out of 10 required	
Knowledge of Laws of Badminton	Can successfully answer 4 out of 10 correctly	

FINAL COMMENTS: